



# Carroll County Senior and Community Center's Newsletter

Located in Carroll County Maryland

BOAD Phone: (410) 386-3800

Click on link to visit the Senior Center Website

Click on link for the Bureau of Aging & Disabilities Mission



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**Carroll County  
Senior Centers**

**will be**

**CLOSED**

**Monday May 26th**



**Veterans Celebration  
of  
Carroll County**

**May 4th**

**Noon- 4:00pm**

See Page 6 for more information

## Drive Thru Shredding and Medication Disposal



See Page 5 for  
more information



The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email [ada@carrollcountymd.gov](mailto:ada@carrollcountymd.gov) as soon as possible but no later than 72 hours before the scheduled event.



## Aging and Disabilities Services

<https://www.carrollcountymd.gov/aging-and-disabilities>

**Click on the services listed below to find out more information.**

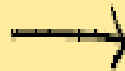
- Adult Public Guardianship Program of Carroll County
- Carroll County Aging & Disabilities Resource Guide
- Carroll County Commission on Aging and Disabilities Mission
- Dental Programs
- Energy Assistance
- Food Supplement Programs (FSP)
- Home and Community Based Services & Supports
- Homeowners' Tax Credit
- Information and Assistance
- Legal Aid
- Long Term Care Ombudsman Program
- Maryland Access Point– Information and Assistance
- Medical Equipment Lending Closets
- National Family Caregiver Support Program in Carroll County
- QMB/SLMB
- Renters' Tax Credit
- Senior Assisted Living Subsidy Program
- Senior Centers
- Senior Medicare Patrol
- State Health Insurance Assistance Program (SHIP)
- Veterans Services
- Virtual Transitioning to Medicare

# Inclement Weather Policy for Carroll County Senior Centers

Senior and Community Centers are **OPEN** at 8:00 am in inclement weather **UNLESS**:

The Carroll County Government Offices are closed then the  
Carroll County Senior Centers are closed.

The Carroll County  
Government opens late or  
closes early then the Carroll  
County Senior Centers  
open late or close early.



- Modified meals may be served
- Call your Senior Center to see if programs/classes have been cancelled
- Carroll Transit System (CTS) may run on a modified schedule. Please call them to confirm or cancel your ride.

CTS: 410-386-5550

\*Please note- decisions regarding the operating schedules of the Carroll County Senior Centers are based only on the Carroll County Government. The Senior Centers do not follow the Carroll County Public School System operating schedules.

For info on closures and delays listen to local radio or TV stations, visit the Carroll County  
Government website or call your Senior Center.

Trailblazer Shuttle Riders- Please follow the postings specific to Carroll Transit System delays and closings.

**CCG** is



# HIRING

## OUR VALUES

**Committed | Inspired | Connected**

**EXPLORE OPPORTUNITIES AND APPLY ONLINE!**

**SIGN UP TO  
RECEIVE EMAIL  
NOTIFICATIONS**



**VISIT OUR  
CAREER  
CENTER**

**[HTTPS://JOBCENTER.CARROLLCOUNTYMD.GOV](https://jobcenter.carrollcountymd.gov)**



# FREE DRIVE-THRU SHREDDING & MEDICATION DISPOSAL!!!

The Carroll County Bureau of Aging & Disabilities is sponsoring Shredding and Medication Disposal events at each of the five Senior & Community Centers. The events are free and are open to adults 60+ years of age and adults with disabilities 18+ years of age.

**No businesses please.**

The medication disposal is provided in partnership with the Carroll County Health Department and the Carroll County Sheriff's Office. If you have questions on what medications can be accepted, please call 410-876-4449.

The shredding services will be completed by The Shred Mill, a document destruction and recycling company based in Sykesville. The shredding services will be completed on-site at each event.

**For more information contact:**

**Kristen Harvey**  
Carroll County Bureau of Aging & Disabilities

[kh Harvey@carrollcountymd.gov](mailto:kh Harvey@carrollcountymd.gov)

410-386-3800



The Shred Mill will shred the following items on site: Paper documents, bound books, spiral and plastic bindings, X-rays and CD's. No need to remove staples or paper clips.

*When it is your turn, please stay in your vehicle and we will do the rest!*

For safety reasons, The Sheriff's Office is collecting medications only.

**NO MEDICAL WASTE**

**NO SHARPS**

**NO LIQUIDS**

**NO NEEDLES**

## Mt Airy

### Senior & Community Center

703 Ridge Ave, Mt Airy, MD  
21771

410-386-3960

Thursday, May 8th, 2025

9 AM to 11 AM

## South Carroll

### Senior & Community Center

5928 Mineral Hill Rd, Eldersburg, MD  
21784

410-386-3700

Tuesday, May 20th, 2025

9AM to 11AM

## North Carroll

### Senior & Community Center

2328 Hanover Pike, Hampstead, MD  
21074

410-386-3900

Friday, May 23rd, 2025

9AM to 11AM

## Taneytown

### Senior & Community Center

220 Roberts Mill Rd, Taneytown, MD  
21787

410-386-2700

Thursday, May 29th, 2025

9AM to 11AM

## Westminster

### Senior & Community Center

125 Stoner Ave, Westminster, MD  
21157

410-386-3850

Friday, May 30th, 2025

9AM to 11AM



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*Come enjoy, something for everyone!*

**Sunday \* May 4, 2025**  
**Noon - 4:00pm**

# **Veterans** *4th Annual* **Celebration** **of Carroll County**

- ★ Children's Activities
- ★ Veterans Memorabilia Display
- ★ Great Food
- ★ Artisans & Craft Vendors
- ★ Live Entertainment
- ★ Military Equipment Display
- ★ Veterans Organizations on Site! ★



**Featuring: Midnite Run & Westminster Municipal Band!**

Welcome Ceremony at 1:00 PM with a special recognition to honor  
 Veterans who served during the Cold War era circa 1975-1991

**Carroll County Farm Museum**  
 500 South Center Street, Westminster, MD

**Free Admission & Free Parking**

**Rain or Shine / No Outside Food**

Hosted by Carroll County Government and the Veterans Advisory Council



[www.carrollcountymd.gov/veteranscelebration](http://www.carrollcountymd.gov/veteranscelebration)



Carroll County Veterans Services Program offers services to Veterans of any age, a widow or widower of a Veteran, a child of a deceased or disabled Veteran and parents who lost a son or daughter in military service.



## VETERANS SERVICES PROVIDED

- Collaborate with the United States Department of Veteran Affairs, Maryland Department of Veterans Affairs and Veterans Service Organizations in securing benefits for Veterans.
- Assist Veterans with obtaining their military discharge (DD214).
- Help with preparing and submitting compensation/pension claims to the Veterans Benefits Administration.
- Link veterans to the VA Healthcare system, advocate for Veterans and their families and connect Veterans to other community agencies, services and providers.
- Track claims and assist with additional development requests made by the Veterans Benefits Administration.
- Assist with denied claims by filing Notices of Disagreement or filing Appeals to reverse the negative decision.
- Veterans Assistance Program/Case Management Services

## FREE VETERANS SHUTTLE

- Free Shuttle to transport Veterans to four VA medical facilities:  
Baltimore, Loch Raven, Ft. Detrick and Martinsburg, WV
- Pick up at, convenient centralized locations
- Caregivers also ride for free

Located within the  
Carroll County Bureau of Aging and Disabilities  
125 Stoner Avenue  
Westminster, MD 21157  
410-386-3800

<https://carrollcountymd.gov/carrollveterans>







### **Senior Assisted Living Subsidy (SALS)**

*The SALS Program provides subsidies on behalf of eligible senior residents of assisted living facilities which are enrolled in the program and licensed by the Maryland Department of Health.*

**THE MAXIMUM MONTHLY SUBSIDY IS \$1,000**

#### **ELIGIBILITY REQUIREMENTS:**

1. Asset Limitation:     \$ 20,064 per individual  
                                     \$ 26,400 per couple
2. Income Limitation:   \$4,350\* per month per individual  
                                     (\$52,200.00 per year)  
      *\* Income limitation does not include VA Aide & Attendance*
3. Functional Assessment regarding Activities of Daily Living
4. 62 years of age or older

**Please note there is a wait list for this program**

For more information and / or an application,  
contact

Carroll County Bureau of Aging & Disabilities  
**410-386-3800**



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## Turning 65 or retiring soon and not sure what to do about Medicare??

**Carroll County's State Health Insurance Assistance Program (SHIP) is here to help!**

We invite you to attend our free informational Transitioning to Medicare workshops to learn more. We offer these two-part workshops monthly in collaboration with the Carroll County Public Library.



**SHIP**  
State Health Insurance  
Assistance Program

Navigating Medicare



**SMP**  
Senior Medicare Patrol

Preventing Medicare Fraud

Please register for live sessions at:

<https://ccpl.librarymarket.com/events/month>

**\*\*Pre-Recorded sessions can also be accessed at any time using the links listed below.**



### Transitioning to Medicare Part 1

*All workshops start at 5:00pm!! Registration is required!!*

**May 7<sup>th</sup>, 2025-In person @ Westminster Public Library (50 E Main St)**

**June 4<sup>th</sup>, 2025-Webinar**

**\*\*Pre-Recorded Session on YouTube:** <https://www.youtube.com/watch?v=1u-z4DmVqS0>  
Original Medicare (Parts A, B, & D), Advantage Plans (Part C), Supplemental Plans (Medigap),  
Fraud & Abuse, & Medicare Savings Programs.

### Transitioning to Medicare Part 2

*All workshops start at 5:00pm!! Registration is required!!*

**May 14<sup>th</sup>, 2025-In person @ Westminster Public Library (50 E Main St)**

**June 11<sup>th</sup>, 2025-Webinar**

**\*\*Pre-Recorded Session on YouTube:** <https://www.youtube.com/watch?v=nSudSNDegVY>  
Take a closer look at Medicare Supplemental Plans and Advantage Plans.

**Sponsored by: Carroll County Bureau of Aging & Disabilities: 125 Stoner Ave, Westminster, MD 21157**

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# INSURANCE QUESTIONS?? STOP BY AND GET UNBIASED ANSWERS

**SHIP & MIA representatives will be on-site at your local Senior & Community Center to provide answers from 10:00am-1:00pm on the dates listed to the right.**

We will be holding a free insurance information day at each of our 5 Senior and Community Centers in June. Carroll County SHIP/SMP will be available to provide information on Medicare. The Maryland Insurance Administration (MIA) will be available to provide information about Auto, Home, Life, Health, & Flood Insurance. No appointment necessary. You're welcome to stop by at your convenience during the allotted timeframe.



**South Carroll Senior &  
Community Center**  
5928 Mineral Hill Rd  
Sykesville, MD 21784  
June 2nd, 2025

**Mt Airy Senior &  
Community Center**  
703 Ridge Ave  
Mt Airy, MD 21771  
June 4th, 2025

**North Carroll Senior &  
Community Center**  
2328 Hanover Pike  
Hampstead, MD 21074  
June 5th, 2025

**Taneytown Senior &  
Community Center**  
220 Roberts Mill Rd  
Taneytown, MD 21787  
June 10th, 2025

**Westminster Senior &  
Community Center**  
125 Stoner Ave  
Westminster, MD 21157  
June 18th, 2025

## CARROLL COUNTY BUREAU OF AGING & DISABILITIES

For Questions Contact:  
Kristen Harvey  
SHIP/SMP Coordinator  
410-386-3832

kharvey@carrollcounty  
md.gov



# Show Me Better Health

## DIABETES

## Self-Management



Tens of thousands of people nationwide have learned the self-management approach to their diabetes. This group lowered their blood sugar, made fewer trips to the emergency department, and were less likely to end up in the hospital because of diabetes—even a year later.

Living Healthy, Living Well doesn't replace your diabetes treatment plan—far from it. It teaches you the best ways to work with your doctor and your family, and helps you set your own goals for managing your condition and controlling your life. This **FREE** workshop meets 2 1/2 hours, once a week for 6 weeks.

Just as important are the changes people report in how they feel about their lives: effective, in charge, and able to do what matters most to them.

## FREE Virtual 6-Week Series

Register: <https://carrollcountymd.gov/LivingHealthy>—410-386-3800—[LivingHealthy@carrollcountymd.gov](mailto:LivingHealthy@carrollcountymd.gov)

Meet **VIRTUALLY** in the comfort of  
your own  
home!



May 14-21-28-June 4-11-18, 2025

**Wednesdays 9:00 a.m. — 11:30 a.m.**

*Technology assistance for the workshop series will be provided.*

*Tablets capable of accessing Wi-Fi are available through our lending library program. Please note on the registration form.*

Participants will receive a *Living a Healthy Life with Chronic Conditions* book and a *Relaxation for Mind and Body* CD. Donations for materials are accepted but not required to participate, for those 60 years & over.



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## FREE! Increasing Your Capacity for Excellent Care Series

Essential insights & skills to help you on your care-giving journey. Learn from experts how to treat your loved ones with dignity and respect as they age.

*Offered by The Bureau of Aging & Disabilities in partnership with Carroll Community College.*



Take one or take them all. Continental breakfast provided.  
All classes held at Carroll Community College.  
No cost but registration is required. Use QR codes to register.

### Caring for Yourself While Caring for Others

It's easy to neglect your own needs when caring for loved ones. This course emphasizes the importance of self-care to avoid "compassion fatigue" and maintain your health. Learn about the aging brain, understand the needs of your care recipients, and discover strategies to balance caregiving with self-care.



Saturday, July 12  
9:00 a.m. - 12:00 p.m.



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# NATIONAL FAMILY CAREGIVERS SUPPORT PROGRAM

## Carroll County

### S U P P O R T   G R O U P S

#### *Grandparents Raising Grandchildren*

meets in a casual and welcoming environment, offering support to grandparents who are raising grandchildren. Grandparents have the opportunity to meet other caregivers, develop a network of support and receive information about services available. The support group is open to older adults raising grandchildren under 18 years of age.



**Second Wednesday from 5:30PM—7:00PM**

**Bureau of Aging & Disabilities, 125 Stoner Ave, Westminster**

#### *Caregivers of Older Adults*

is an ongoing support group that is designed to help caregivers cope with the challenges of caring for their relatives. Caregivers have the opportunity to share their experiences, participate in educational discussions and receive comfort and positive reinforcement to help guide them through what can be a difficult journey.



**Second Tuesday from 4:30PM—6:00PM**

**Bureau of Aging & Disabilities, 125 Stoner Ave, Westminster**



To register please contact Denise Valentine at 410-386-3833 or [davalentine@carrollcountymd.gov](mailto:davalentine@carrollcountymd.gov). Visit our website [www.carrollcountymd.gov/aging-and-disabilities](http://www.carrollcountymd.gov/aging-and-disabilities) for more information about our programs.



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## CARROLL COUNTY CAREGIVER SUPPORT GROUP

**Presented by:**  
**Alzheimer's Association**  
**Greater Maryland Chapter**

Third Thursday of the month  
 6:00 p.m. - 7:30 p.m.  
 Visiting Angels Office  
 6505 Ridenour Way E, Suite 1B,  
 Eldersburg 21784

### Contact Facilitators to Join

Elyse Weckesser  
 443-340-3147  
[elysew@mdvisitingangels.com](mailto:elysew@mdvisitingangels.com)

Marjorie Cotterman  
 420-404-6804 (text preferred)  
[mcotterman@inspired-joy.com](mailto:mcotterman@inspired-joy.com)

### Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

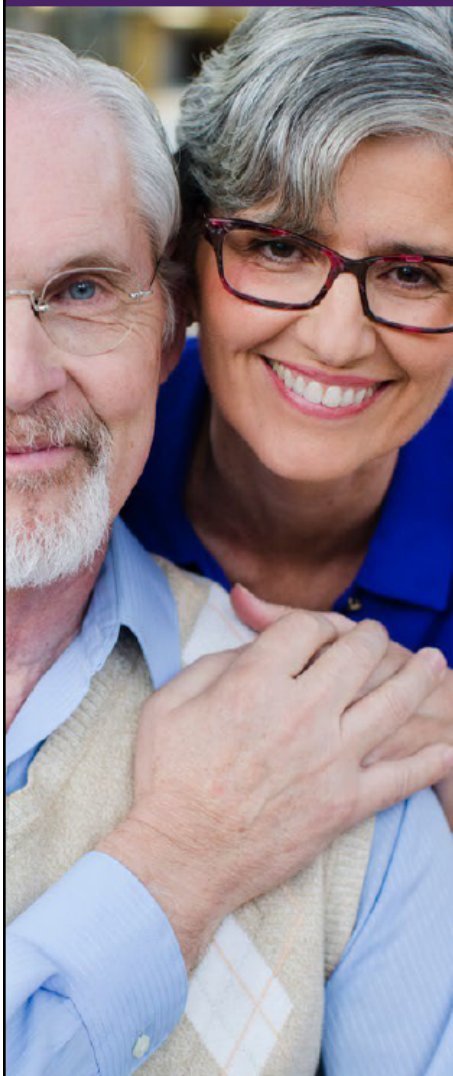
- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.



Visit [ALZ.ORG/MARYLAND](http://ALZ.ORG/MARYLAND) to learn more about caregiver programs and resources. To further extend your network of support, visit ALZ Connected®, our online community, at [alzconnected.org](http://alzconnected.org).







### MARYLAND STATISTICS\* (2020)

**110,000**  
people age 65 and older  
with Alzheimer's

**242,000**  
Number of Caregivers

**371,000,000**  
Total Hours of Unpaid Care

**\$6,810,000,000**  
Total Value of Unpaid Care

**\$1,231,000,000**  
Medicaid costs of caring for  
people with Alzheimer's

\*Alzheimer's Association 2022 Alzheimer's Disease Facts  
and Figures, available at [alz.org/facts](http://alz.org/facts)

## ALZHEIMER'S ASSOCIATION ONLINE TOOLS

### CAREGIVER CENTER

Caregivers may access information about early-stage caregiving, middle-stage caregiving, or late-stage caregiving. [alz.org/care](http://alz.org/care) or click [here.](#)

### ALZCONNECTED®

Our online community to connect with other individuals living with early-stage Alzheimer's. You can share questions, experiences and practical tips via message boards or create private groups organized around specific topics. [alzconnected.org](http://alzconnected.org) or click [here.](#)

### ALZHEIMER'S NAVIGATOR®

An interactive online tool for people living with dementia and those who participate in providing care and making care-related decisions. This assessment tool evaluates needs, outlines action steps, and links the user to Alzheimer's Association chapter programs and local services. [alzheimersnavigator.org](http://alzheimersnavigator.org) or click [here.](#)

### COMMUNITY RESOURCE FINDER®

A comprehensive database of local programs and services, housing and care options, and legal experts all in one location, allowing you to quickly search, find and access support. [communityresourcefinder.org](http://communityresourcefinder.org) or click [here.](#)

### LIVE WELL: ONLINE RESOURCES FOR PEOPLE WITH DEMENTIA

A collection of free interactive tools that helps you navigate the personal and emotional challenges accompanying an Alzheimer's diagnosis and provides personalized steps for living well with the disease. [alz.org/livewell](http://alz.org/livewell) or click [here.](#)

### VIRTUAL LIBRARY

Search the online catalog, view resources chosen by dementia experts and download topic sheets and reports. [alz.org/library](http://alz.org/library) or click [here.](#)

### TRAINING AND EDUCATION CENTER

The Association offers a number of Alzheimer's and dementia courses available online, 24 hours a day. [alz.org/training](http://alz.org/training) or click [here.](#)

### ALZHEIMER'S ASSOCIATION TRIALMATCH®

A free easy-to-use clinical study matching service that connects individuals with Alzheimer's disease, caregivers, healthy volunteers and physicians with current studies. The continuously updated database of 130+ Alzheimer's clinical trials includes pharmacological and non-pharmacological research. Studies are being conducted at 500 sites across the country and online. [alz.org/trialmatch](http://alz.org/trialmatch) or click [here.](#)



Scan QR code to view  
the calendar online.

**2025** APRIL – JUNE

# HEALTH & WELLNESS CALENDAR

All programs are free and do not require pre-registration unless noted. Call 410-871-7000 or visit [lifebridgehealth.org/wellness](https://lifebridgehealth.org/wellness) to learn more.

## PLANNING FOR PARENTHOOD

### The Family Birthplace Open House & Tour

Register at:  
[familybirthplaceopenhouse.eventbrite.com](https://familybirthplaceopenhouse.eventbrite.com)

### BabyLiveAdvice

- Childbirth Preparation
- Infant CPR and First Aid
- Caring for Baby
- Breastfeeding

To register or for more information,  
visit [lbh.pub/fbp](https://lbh.pub/fbp)

## EDUCATION & SUPPORT GROUPS

- Breast Cancer
- Breastfeeding
- Diabetes
- Gather & Connect (cancer support)
- Multiple Sclerosis
- Parkinson's Disease
- Perinatal Loss
- Postpartum
- Stroke Survivors

## SPECIAL SERVICES

- Cancer Navigation Services
- Care Connect Health Navigation Services
- Heart Failure Clinic\*
- Center for Breast Health\*
- Diabetes Program\*
- Genetic Counseling\*
- Integrative Health Services (acupuncture, massage, reflexology and more)\*
- Studio YOU (hair loss solutions, mastectomy bra and breast prosthetic fittings)\*

\*Cost associated with program

## GRIEF SUPPORT SERVICES

BridgingLife offers free grief support to families, friends and community members who have experienced the loss of a loved one. Skilled, caring and certified counselors lead the programs, assisted by volunteers trained in grief and loss. Call 410-871-8000 for more information or visit [bridginglifecare.org](https://bridginglifecare.org)

## SPECIAL PROGRAMS

### American Heart Association CPR

Hybrid learning and in-person classes are available for ACLS, BLS and PALS for healthcare professionals and professional rescuers. These classes support initial and renewal requirements and follow American Heart Association guidelines.

Prices vary; call 410-871-6841 for details.

### Cooking for Wellness

Meet us at Exploration Commons for a cooking class! Join a registered dietitian to prepare healthy recipes and learn nutrition and health tips along the way.

Mondays, April 7, May 5, June 2

1:30 – 3 p.m.

\$5 per person

To register, visit [explorationcommons.carr.org](https://explorationcommons.carr.org)

### Diabetes Prevention Program

A free lifestyle change program designed to help decrease your risk of type 2 diabetes. Offered by the Carroll County Health Department.

290 S. Center St., Westminster

Call 410-876-4819 for more information.

### Jumpstart to Wellness

This 8-week virtual program includes weekly online classes featuring discussions and practical tips about nutrition, heart health, diabetes and prediabetes, stress management and sleep. The Hill Y in Westminster membership is included in the program; participants are expected to exercise at the Y at least three days a week.

Tuesdays, June 10 – July 29

5:30 – 6:30 p.m.

\$70

### Heart Failure Education Sessions

In this ongoing series, taught by registered dietitians, pharmacists and other healthcare professionals, learn about medications, nutrition, managing heart failure and more.

Monthly meetings:

Second Thursday at 10 a.m. and

Fourth Tuesday at 1 p.m.

Carroll Hospital East Pavilion

Virtual and in-person (hybrid)

To join virtually via Microsoft Teams

([teams.microsoft.com](https://teams.microsoft.com)) or by phone:

Meeting ID: 242 565 260 621

Passcode: JFxmfs

Or call in +1 443-873-0061

Passcode: 880587810#

### Living Healthy, Living Well (Mailed Toolkit)

These evidence-based programs introduce information and skills that help people with chronic pain, diabetes, and physical and mental health conditions lead a healthy life. Participants complete their specific program at their own pace in addition to a weekly conference call with a trained facilitator.

For more information or to register go to [carrollcountymd.gov/aging-and-disabilities](https://carrollcountymd.gov/aging-and-disabilities), call 410-386-3818 or email [livinghealthy@carrollcountymd.gov](mailto:livinghealthy@carrollcountymd.gov)

### Nutrition in Media

We get so much nutrition information through the media. What is fact and what is fiction? This program allows you to explore an individual topic each session with a registered dietitian.

Wednesday, May 21, 5 – 6 p.m.

Carroll Hospital East Pavilion

Virtual and in-person (hybrid)

To register, visit [nutritioninmedia.eventbrite.com](https://nutritioninmedia.eventbrite.com)



**CARROLL HOSPITAL**

A LifeBridge Health Center

**CARE BRAVELY**

Tevis Center for Wellness | East Pavilion  
291 Stoner Ave., Westminster, MD 21157  
410-871-7000



# HEART FAILURE EDUCATION

## VIRTUAL AND IN-PERSON CLASSES



If you are one of the 6.2 million Americans with heart failure and are struggling to get a handle on your health, join us for our Heart Failure Support & Education classes. You can join us in person, virtually or by phone for an audio-only option. In this ongoing series, taught by registered dietitians, pharmacists and other healthcare professionals, you'll learn more about medications, nutrition, how you can effectively manage the progression of heart failure and more! We want to empower you to create your best lifestyle practices so that you can continue living an active and fulfilling life.

### Monthly Meetings:

Second Thursday at 10 a.m.  
and fourth Tuesday at 1 p.m.

### In-person Location:

East Pavilion of Carroll Hospital

### Questions?

Call Care Connect at 410-871-7000

### January-June 2025 Schedule

#### JANUARY

- 9 Lifestyle Changes for Heart Failure – Julie McEntee, RMA
- 28 Is Cost Keeping You from Taking Your Medications? – Leann Kwak, Pharm.D., BCPS

#### FEBRUARY

- 13 Managing Stress with Heart Failure – Kirsten Ambrose, BSN, RN
- 25 Blood Pressure and Heart Failure – Jennifer Fisher, MSN, CRNP

#### MARCH

- 13 COPD and Heart Failure – Kenneth Kiessling, RRT
- 25 Heart Failure and Diabetes – Genie Ladic, BSN, RN

#### APRIL

- 10 Sleep Apnea and Heart Failure – Rachel Lebowitz, DNP, CRNP  
FNP/ACNP, AACC, HF-Cert
- 22 Basic Nutrition with Heart Failure – Dana Mealing, RDN, LDN, CIEC

#### MAY

- 8 What in the Side Effect? – Leann Kwak, Pharm.D., BCPS
- 27 Strengthening Adherence to Your Medications – Jennal Charles, Pharm.D., PGY-1 Pharmacy Resident

#### JUNE

- 12 Balancing Fluid and Electrolytes – Dana Mealing, RDN, LDN, CIEC
- 24 Reading Food Labels – Dana Mealing, RDN, LDN, CIEC



**JOIN THE MEETING ON [TEAMS.MICROSOFT.COM](https://teams.microsoft.com)**

Meeting ID: 242 565 260 621 Passcode: JFxmfs

**Phone/audio only: +1 443-873-0061 Passcode: 880587810#**

No registration required, join at your convenience!

**LIFEBRIDGE  
HEALTH.**  
**CARE BRAVELY**

24CHO259

## HEART FAILURE EDUCATION CLASSES: DIGITAL BOOKSHELF

**If you are one of the 6.2 million Americans with heart failure and are struggling to get a handle on your health, join us for our Heart Failure Support and Education classes.**

You can watch the videos at your convenience. Classes are taught by registered dietitians, pharmacists and other healthcare professionals. You'll learn more about medications, nutrition, how you can effectively manage the progression of heart failure and more. We want to empower you to create your best lifestyle practices so that you can continue living an active and fulfilling life.

 **LIFEBRIDGE HEALTH.**  
**CARE BRAVELY**

**SCAN TO VIEW  
DIGITAL BOOKSHELF**



**OR VISIT  
LBH.PUB/HEARTVIDEOS**



24TCW0414

# DIABETES EDUCATION



## VIRTUAL AND IN-PERSON

These monthly, community-based meetings feature guest speakers covering a wide variety of topics related to diabetes and your overall health. Speakers include healthcare professionals with an expertise in their topic, including nutrition, medications, glucose monitoring and more. The group is open to individuals with any type of diabetes and those who care about them.

### January – June 2025 Schedule

#### JANUARY

- 20 Carrie Sorenson: Smart Actions for Diabetes, Navigating Health Insurance

#### FEBRUARY

- 17 Amy Blachere, PharmD BCPS: Ask the Pharmacist

#### MARCH

- 17 Kirsten Ambrose, BSN, RN: Diabetes and Stress Management

#### APRIL

- 21 Christina McGann, MS, RN and Genie Ladic, BSN, RN: Exercise/Glucose Safety

#### MAY

- 19 Melissa Caylor, MBA, BSN, RN, CEN, SCRNP: Stroke Risk and Diabetes

#### JUNE

- 16 Dana Mealing, RDN, LDN: Artificial Sweeteners



### Monthly Meetings:

Third Monday of each month  
11 a.m. – noon

Location: Carroll Hospital, East Pavilion,  
291 Stoner Ave., Westminster, MD 21157

**Scan this code  
to join the  
teams meeting:**



Meeting ID:  
242 565 260 621  
Passcode: JFxmfs

Phone/audio only: +1 443-873-0061  
Passcode: 880587810#

### Questions?

Call Care Connect at 410-871-7000

**No registration required, join at your convenience!**



# JUMPSTART TO WELLNESS

- **8-week Program**
- **Tuesdays,  
5:30 – 6:30 p.m.**
- **\$70**
- **Next Session:  
June 10 - July 29**  
Registration by June 6

**Do you want to get healthy  
but don't know how to begin?**

**Join us for  
JUMPSTART TO WELLNESS!**

Led by a **registered dietitian**, this 8-week virtual program will include weekly online classes featuring discussions on a variety of **nutrition** topics, **heart health**, **diabetes** and **cancer prevention**, **sleep hygiene** and **stress management**.

An 8-week membership to the Hill Y in Westminster is included in the program. The Y provides **body composition assessments** before and after the program as well as **three appointments with a certified trainer**, so you feel confident on your own in the gym. Participants are expected to exercise at the Y at least three days a week.

**Call 410-871-7000 to register.**

**QUESTIONS?** Email our community nutrition educator at [dmealing@lifebridgehealth.org](mailto:dmealing@lifebridgehealth.org) to learn more!



# VOLUNTEER

## with Meals on Wheels of Central Maryland, Inc.

**Our Mission:** *To enable people to live independently at home through the provision of nutritious meals, personal contact and related services*

Meals on Wheels of Central MD volunteers deliver more than a meal. They provide security and connections to the aging and disabled in Central Maryland.



### The Benefits of Volunteering:

- Meet new people
- Satisfaction of impacting someone's life
- Decreased stress & improved health
- Feeling of involvement

### Individual Opportunities:

Deliver meals to homebound seniors and disabled individuals:

- Monday-Friday, 11:00a.m.-1:30p.m.
- Once a week, once a month, or whenever your schedule permits

Grocery shop for a client in your area:

- Flexible Scheduling • Twice a month

Deliver pet food through Kibble Connection:

- Flexible Scheduling • Quarterly

Become a Call Star:

- Flexible Scheduling
- 1-2 hours per month

Pack meals at our Main Office or Kosher Kitchen

- Packing shifts available 6 days a week at our main office in Baltimore
- Kosher Kitchen packing shifts available weekday mornings



A dedicated volunteer delivering nutritious meal

### Group Opportunities:

Become a Lunch Bunch volunteer and 'adopt a route' for meal delivery with your colleagues from work.

Pack meals with your group during a weekday or weekend at our main office

Host a fundraiser to support Meals on Wheels of Central MD, such as a trivia night, a chili cook-off or a fun run.

Complete a team-building service project. Make cards, care packages or Mugs of Love for us to deliver to clients.



A Grocery Assistance Program volunteer shops for his client.



Call 443-573-0925 or E-mail [volunteer@mowcm.org](mailto:volunteer@mowcm.org)  
Sign up today! [mealsonwheelsmd.org/volunteer/](http://mealsonwheelsmd.org/volunteer/)  
515 South Haven Street, Baltimore, MD 21224

# High winter energy bills | We're Here to Help

*Summary of Activities for Elected Officials and Key Stakeholders*

Recent energy bills may be higher than expected after extreme cold weather in December and January. BGE is [Here to Help](#) – our responsibility is to help you and your constituents access payment flexibility and energy assistance resources to help manage your bills.

## BGE is taking the following steps to help customers:

- Waiving late payment fees for January and February 2025.
- Suspending disconnections for nonpayment in February 2025. If you receive a disconnection notice during the week of February third, please contact BGE to manage your bill.
- Offering payment arrangements to pay current charges over 12 months or longer and extending due dates on bills, if needed.
- Streamlining our process to get any customers who were already disconnected back in service sooner.

## What programs and tools are available?

Visit [bge.com/heretohelp](https://bge.com/heretohelp) for ways to manage your bill, use energy more efficiently, or access energy assistance. This includes:

- BGE's self-service [Assistance Finder](#), which provides simple and personalized recommendations.
- Financial assistance through [state programs](#) and the [Fuel Fund of Maryland](#).
- Pay your current high bill over 12 months or extend the due date to receive more time to pay by using the following self-service options: [Payment arrangement](#) and [due-date extension](#). For extenuating circumstances needing payment arrangements beyond 12 months, please call us at 800.685.0123.
- [Budget billing](#) information and online self-serve sign-up for customers who prefer a predictable monthly bill that spreads energy costs throughout the year.

## Why are winter energy bills so high?

When we face extreme cold – temperatures in January 2025 have been 4-5 degrees colder on average than January 2024 – it takes more energy to heat your home. Using more energy drives up variable costs that customers pay per kWh (how electricity is measured) or per therm (how gas is measured.) This seasonal increase in energy use is reflected in BGE customers' winter energy bills. We encourage customers to reference page 2 of their bills to compare their current energy usage to prior months.

## What is included in my monthly bill?

The primary charges that make up a customer's total bill are:

Bill line item	Section of bill	Fixed/Variable	Paid to
Electric/Gas Supply	Supply	Variable, based on the amount of energy used	Generators
Customer Charge	Delivery	Fixed	BGE
Distribution Charge	Delivery	Variable, based on the amount of energy used	BGE
EmPower MD Charge	Delivery	Variable, based on the amount of energy used	EmPower program



## MARYLANDERS ONLINE CALL CENTER

UNIVERSITY OF  
MARYLAND  
EXTENSION

Marylanders  
Online



Marylanders Online is an initiative through the University of Maryland Extension (UME) and College of Information Studies (INFO) with state funding that aims to bridge the digital divide throughout the state of Maryland.

Marylanders Online Call center is here to provide FREE one-on-one tech support to all the Maryland residents and bring digital equity in Maryland.

It will provide:

- Tech support in English and Spanish
- Any device support including hardware and software
- Assistance in getting connected with internet
- ACP application assistance
- Connect to local organizations offering various digital skills classes, device program, and much more.

Let's connect!

Number: 301-405-9810

Toll Free: 1-866-208-8467

Time: 9:00 am to 3:00 pm

Monday to Friday

Email:

marylandersonline@umd.edu

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.



## AFFORDABLE CONNECTIVITY PROGRAM

### WHAT IS IT?

The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service.

### The benefit provides:

- Up to \$30/month discount for internet service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

### WHO IS ELIGIBLE?

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household meets at least one of the criteria below:

- Participates in any of the following assistance programs: SNAP, Medicaid, Federal Public Housing Assistance, Veterans Pension or Survivor Benefits, SSI, WIC, or Lifeline;
- Participates in any of the following Tribal specific programs: Bureau of Indian Affairs General Assistance, Tribal TANF, Food Distribution Program on Indian Reservations, or Tribal Head Start (income based);
- Participates in the Free and Reduced-Price School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income internet program.

### TWO STEPS TO ENROLL

1

Go to [AffordableConnectivity.gov](https://AffordableConnectivity.gov) to submit an application or print a mail-in application

2

Contact your preferred participating provider to select an eligible plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must both apply for the program and contact a participating provider to select a service plan.

### LEARN MORE

Call 877-384-2575, or

Visit [fcc.gov/acp](https://fcc.gov/acp)



Carroll County

## Tablet Loaner Program

Bureau of Aging  
& Disabilities

The Carroll County Bureau of Aging & Disabilities is helping Carroll County's older adults get—and stay—connected through its Free Tablet Lending Library Program. Stay connected by participating in virtual Aging & Disabilities and Senior Center events, activities and meetings. No internet service is required as tablets are equipped with unlimited data.

- Call 410-386-3800 for more information or to register
- Available for pick-up at any of the five senior and community centers
- Technical instruction available



The Americans with Disabilities Act applies to the Carroll County Government and its programs, services, activities, and facilities. Anyone requiring an auxiliary aid or service for effective communication or who has a complaint should contact The Department of Citizen Services, 410.386.3600 or 1.888.302.8978 or MD Relay 7-1-1/1.800.735.2258 or email [ada@carrollcountymd.gov](mailto:ada@carrollcountymd.gov) as soon as possible but no later than 72 hours before the scheduled event.

## Maryland Senior Call Check

### PEACE OF MIND FOR THOSE HOME ALONE



DAILY AUTOMATED CHECK-IN CALLS



FREE SERVICE

65+

MARYLANDERS AGED 65+



YOUR CHOICE A MORNING OR AFTERNOON CALL

Learn about the Maryland Senior Call Check and how to sign up.

<https://www.youtube.com/watch?v=TKNDGbgFKZY>



Sign up online or over the phone:

[aging.maryland.gov](https://aging.maryland.gov) 1 (866) 502-0560



Larry Hogan  
Governor

Boyd K. Rutherford  
Lt. Governor

Rona E. Kramer  
Secretary

If you're feeling anxious, depressed,  
or just need someone to talk to,

# CALL 211

or dial 443-608-9182

2-1-1  
Get Connected. Get Help.



Connect with someone who can help.

Call the **211 Maryland United Way Helpline** and ask to be connected to the WARMLine. You'll talk with someone who will listen to your concerns and refer you to additional resources.

*Mental health professionals are available weekdays from 10:00 a.m. to 6:00 p.m.*

#### Follow these easy steps:

1. Dial 211 (or 443-608-9182) from any cell phone or landline.
2. Ask to be connected to the WARMLine.
3. Speak with <https://probonocounseling.org/> your needs.
4. You will be referred to any additional resources you may need.

United Way of Central Maryland has provided a grant to Pro Bono Counseling to support Marylanders who are experiencing mental health issues related to the COVID-19 pandemic and other reasons.

For more information, visit [ProBonoCounseling.org](https://ProBonoCounseling.org).

PRO BONO  
COUNSELING  
PROJECT

# 988

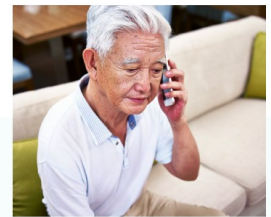
SUICIDE  
& CRISIS  
LIFELINE

### In 2020, Congress designated the new 988 dialing code to operate through the existing National Suicide Prevention Lifeline.

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the lead federal agency, in partnership with the Federal Communications Commission and the Department of Veterans Affairs, working to make the promise of 988 a reality for America. Moving to a 3-digit dialing code is a **once-in-a-lifetime opportunity** to strengthen and expand the existing National Suicide Prevention Lifeline (the Lifeline).

Of course, 988 is more than just an easy-to-remember number—it is a direct connection to compassionate, accessible care and support for anyone experiencing mental health related distress – whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. Preparing for full 988 implementation requires a bold vision for a **crisis care system that provides direct, life-saving services to all in need.**

SAMHSA sees 988 as a first step towards a transformed crisis care system in much the same way as emergency medical services have expanded in the US.



In pursuit of this bold yet achievable vision, SAMHSA is first focused on strengthening and expanding the existing Lifeline network, providing life-saving service to all who call, text or chat via 988. Longer term, SAMHSA recognizes that linking those in crisis to community-based providers—who can deliver a full range of crisis care services—is **essential to meeting crisis needs across the nation.**



Developed in collaboration with the  
Centers for Disease Control and Prevention  
320316-D

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration



### Frequently Asked Questions

#### What is the Lifeline and will 988 replace it?

The Lifeline is a national network of over 200 local, independent, and state-funded crisis centers equipped to help people in emotional distress or experiencing a suicidal crisis. **Moving to 988 will not replace the Lifeline**, rather it will be an easier way to access a strengthened and expanded network of crisis call centers. Beginning July 16, 2022, people can access the Lifeline via 988 or by the 10-digit number (which will not go away).

#### When will 988 go live nationally?

The 988 dialing code will be available nationally for call, text, or chat on July 16, 2022. Until then, those experiencing a mental health or suicide-related crisis, or those helping a loved one through crisis, should continue to reach the Lifeline at its current number, 1-800-273-8255.

#### How is 988 different from 911?

988 was established to improve access to crisis services in a way that meets our country's growing suicide and mental health related crisis care needs. 988 will provide easier access to the Lifeline network and related crisis resources, which are distinct from 911 (where the focus is on dispatching Emergency Medical Services, fire and police as needed).

#### How is 988 being funded?

Congress has provided the Department of Health and Human Services workforce funding through the American Rescue Plan, some of which will support the 988 workforce. At the state level, in addition to existing public/private sector funding streams, the National Suicide Hotline Designation Act of 2020 allows states to enact new state telecommunication fees to help support 988 operations.

#### Is 988 available for substance use crisis?

The Lifeline accepts calls from anyone who needs support for a suicidal, mental health and/or substance use crisis.

### Urgent realities.



Too many Americans are experiencing suicide and mental health crises without the support and care they need. In 2020 alone, the US had one death by suicide about every 11 minutes — and for people aged 10-34 years, suicide is a leading cause of death.

### Easier access.



Moving to an easy-to-remember, 3-digit dialing code will provide greater access to life-saving services.

### There is hope.



Providing 24/7, free and confidential support to people in suicidal crisis or emotional distress works! The Lifeline helps thousands of people overcome crisis situations every day.

Email 988 questions to:  
**988Team@  
samhsa.hhs.gov**



**CARROLL COUNTY  
DEPARTMENT  
OF SOCIAL SERVICES**  
1232 Tech Court  
Westminster, MD 21157



#### FAMILY INVESTMENT ADMINISTRATION

APPLY FOR BENEFITS ONLINE: [mydhrbenefits.dhr.state.md.us](https://mydhrbenefits.dhr.state.md.us)

DHS CUSTOMER SERVICES: 1-800-332-6347 / FAX: 410-386-3428

WEBSITE TO SUBMIT DOCUMENTS: [fia.carrollco.comaryland.gov](https://fia.carrollco.comaryland.gov)

APPLY FOR LONG TERM CARE MEDICAL ASSISTANCE:

[mymdthink.maryland.gov](https://mymdthink.maryland.gov)

TO MAKE AN APPOINTMENT: 443-821-5833 (M-F, 8-4:30)

#### CHILD SUPPORT ADMINISTRATION

APPLY ONLINE: [www.dhr.state.md.us/csea](https://www.dhr.state.md.us/csea)

CUSTOMER SERVICE: 1-800-332-6347 / [Carroll.CSA\\_DHS@maryland.gov](mailto:Carroll.CSA_DHS@maryland.gov)

MAKE AN APPOINTMENT: 443-929-2908 (M-F, 8-4:30)

PAYMENT INFO: 1-800-723-9937

#### SERVICES UNITS

To report suspected abuse or neglect: 410-386-3434

FOSTER PARENT RECRUITMENT LINE: 410-386-3333







Maryland Legal Aid provides a full range of free civil legal services to financially eligible individuals from 12 office locations.

Our legal work helps to protect peoples' basic needs and human rights.

Get help now by calling 1-888-465-2468 or apply with [online in-take](https://www.mdla.org).

Attend a FREE legal clinic for in-person help!

\*Check with one of the Senior Centers for dates and times for in person clinics.

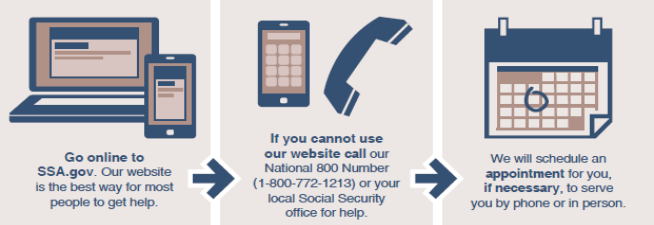
Maryland Legal Aid's  
Midwestern Maryland Office  
22 South Market Street  
Suite 11  
Frederick, MD 21701  
Telephone Intake: 301-694-7414  
[www.mdla.org](https://www.mdla.org)

Connect with us



## How to Get Help from Social Security

Social Security is here to help. We want you to know how to get the service you need and to be prepared so we can help you as quickly and safely as possible.



### What to Know if You Must Visit an Office:

- **You must have an appointment** to visit an office.
- **Masks are required** for all office visitors and employees, regardless of vaccination status.
- **Visitor capacity is limited** to follow physical distancing requirements. This means **you may need to wait outside**, so plan for cold or bad weather.
- We ask that you **come alone unless you require help with your visit**. If you require help, we can only permit one person to accompany you.

We appreciate your patience and understanding.



Securing today  
and tomorrow

[SSA.gov](https://www.ssa.gov) | [f](#) [t](#) [i](#) [y](#) [o](#) [u](#) [t](#) [i](#) [n](#)  
Social Security Administration  
Publication No. 05-10028  
December 2021 (First edition)  
How to Get Help from Social Security  
Produced and published at U.S. taxpayer expense

## Social Security Connection

See what you can do online

November 2022  
Volume 40

### Inside this issue:

Social Security and Scam Awareness ..... 1

Veterans and Active Duty Military Members: Social Security Has Your Back! 2

### Local Offices

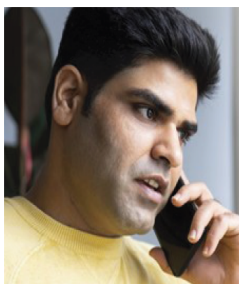
Local Social Security offices are offering more in-person appointments and have resumed in-person service for people without an appointment. As we expand in-person service, we expect our offices to be very busy. We strongly encourage you to continue to go online, call us for help, and schedule appointments in advance. Learn more at [ssa.gov/coronavirus/gethelp](https://www.ssa.gov/coronavirus/gethelp).



**my Social Security**  
Check out your Social Security Statement, change your address and manage your benefits online today.  
[SSA.gov/myaccount](https://www.ssa.gov/myaccount)



**Online Services**  
You can access many of our services online.  
[SSA.gov/online-services](https://www.ssa.gov/online-services)



### Social Security and Scam Awareness

Social Security imposter scams are widespread across the United States. Scammers use targeted, sophisticated tactics to deceive you into providing sensitive information or money.

Social Security's Office of the Inspector General (OIG) has received reports of scammers creating fake versions of the identification badges most federal employees use to gain access to federal buildings. The scammers may text or email photos of the fake badges to convince potential victims of their legitimacy. These badges use government symbols, words, and even names and photos of real people, which are available on government websites or through internet searches.

If you receive a suspicious letter, text, email, or call, hang up or do not respond. We want you to know how to identify a scammer and avoid becoming victims.

### We will NEVER:

- Text or email images of an employee's official government identification.
- Suspend your Social Security number.
- Threaten you with arrest or other legal action unless you immediately pay a fine or fee.
- Require payment by retail gift card, wire transfer, internet currency, or cash by mail.
- Promise a benefit increase or other assistance in exchange for payment.
- Send "official" letters or reports containing your personal information via email.

We only send text messages if you have opted in to receive texts from us and only in limited situations, including the following:

- When you have subscribed to receive updates and notifications by text.
- As part of our enhanced security when accessing your personal my Social Security account.

If you owe money to us, we will mail you a letter with payment options and appeal rights.

We encourage you to report suspected Social Security imposter scams — and other Social Security fraud — to the OIG's website at [oig.ssa.gov/report](https://www.oig.ssa.gov/report). You may read our previous Social Security fraud advisories at [oig.ssa.gov/news-releases/](https://www.oig.ssa.gov/news-releases/). Please share this information with your friends and family to help spread awareness about Social Security imposter scams.



Securing today  
and tomorrow

## Beware of Phone Scams



Securing today  
and tomorrow

Social Security wants you to know about widespread phone scams where scammers pretend to be government employees. They may tell you about a Social Security-related problem to gain your trust and steal your money. We want you to hang up on scammers — help us "slam the scam"!

### IF YOU RECEIVE A SUSPICIOUS CALL:

- 1 Hang up
- 2 Do not give money or personal information
- 3 Report the scam at [oig.ssa.gov](https://www.oig.ssa.gov)

Social Security may call you in some situations but we will never:

- » Threaten to arrest you unless you pay a fine or fee
- » Suspend your Social Security number
- » Require immediate payment from you by cash, gift card, pre-paid debit card, or wire transfer
- » Demand secrecy in dealing with a Social Security problem

**Protect yourself, friends, and family: don't forget to "slam the scam"!**

Social Security Administration | Publication No. 05-10597 | February 2021 | Produced at U.S. taxpayer expense

